



Happy Dads. Healthy Babies.

Infant Vitality Toolkit

Quit & Prevent Tobacco,
Alcohol & Drug Use

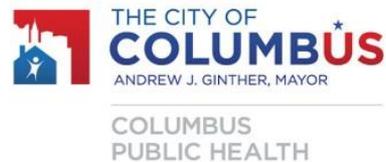


Agenda

- Test Your Knowledge Pre Test
- All About Smoking
- Overcoming an Alcohol Addiction
- Local Support Groups
- Test Your Knowledge Post Test



Pre-Test



Question 1

True or False: Smoking can negatively effect a man's mental, physical, and sexual health.

A. True

B. False

Question 2

True or False: There is only one location in Columbus where residents can attend an Alcoholics Anonymous (AA) meeting.

A. True

B. False

Question 3

True or False: It is important to get social and/or familial support to end an alcohol, tobacco, or other drug addiction.

A. True

B. False

Be Healthy for Your Family

While any man can father a child, ***it takes a real man to be a father to a child.***

- J.T. Waresak

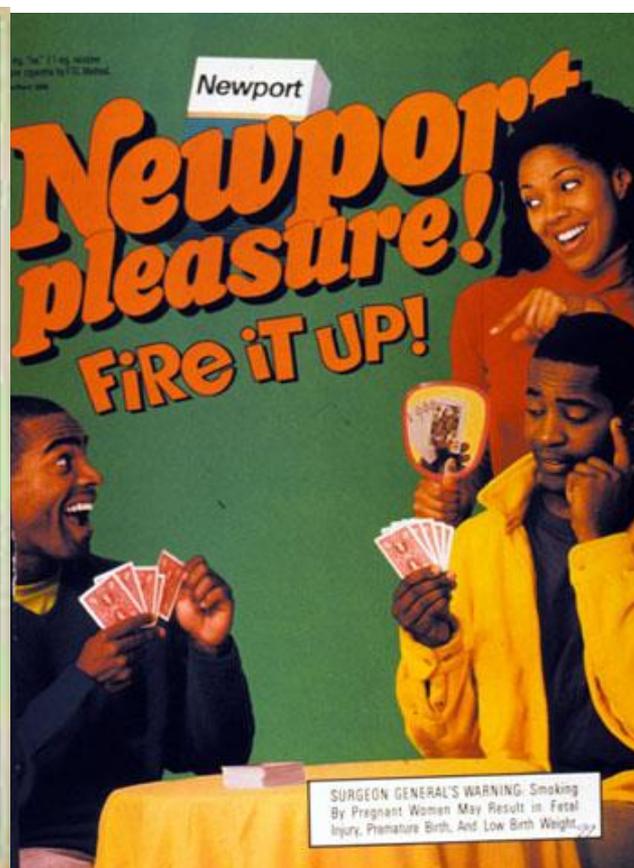
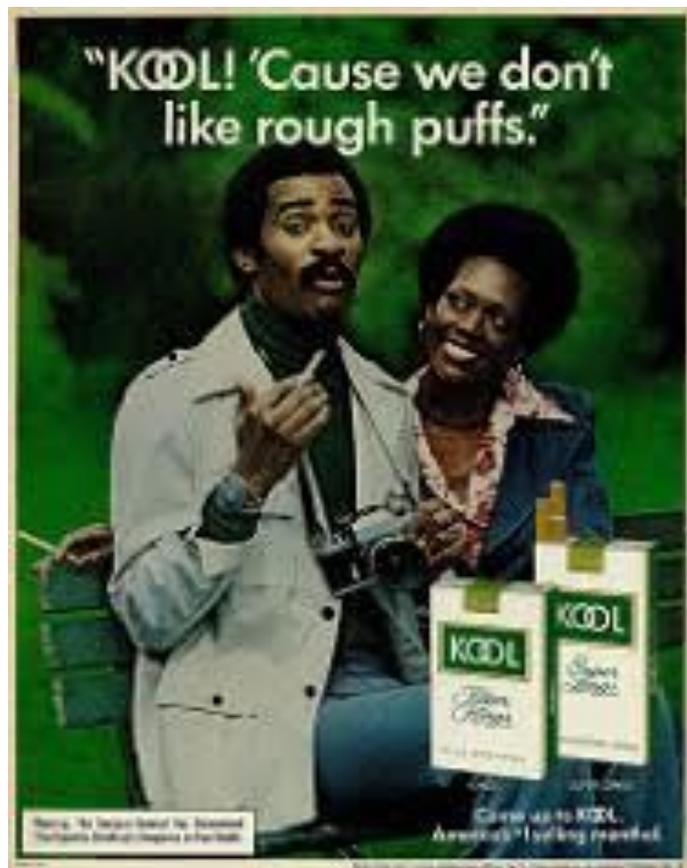


Smoking and Men's Health

- About 1 in 6 men smoke cigarettes.¹
- Each day in the U.S., more than 1,100 boys under 18 years of age smoke their first cigarette.²
- 1 in 10 high school aged boys smoke cigarettes.³



There are up to 10x more tobacco ads in Black Neighborhoods than in other neighborhoods



Tobacco Marketing Examples

freedom. to speak.
to choose. to marry.
to participate. to be.
to disagree. to inhale.
to believe. to love.
to live. **it's all good.**



the people of santa fe natural
tobacco company

No additives in our tobacco
does **NOT** mean a safer cigarette.

SURGEON GENERAL'S WARNING: Smoking
By Pregnant Women May Result in Fetal
Injury, Premature Birth, And Low Birth Weight.

www.nascigs.com

© 1999-2003 Natural American Spirit is a registered trademark of Santa Fe Natural Tobacco Company.

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KOOL
BE TRIP

WHY QUIT? SWITCH TO BLU

blu is the smart choice for smokers wanting a change. Take back your freedom to smoke when and where you want without ash or smell. blu is everything you enjoy about smoking and nothing else. Nobody likes a quitter, so make the switch today.

Visit blucigs.com



* New blu Smart Pack



PREMIUM ELECTRONIC CIGARETTE

18+ only.

CALIFORNIA PROPOSITION 65 - **Warning:** This product contains nicotine, a chemical known to the state of California to cause birth defects or other reproductive harm.

Targeting Communities



Black Lives / Black Lungs is a short film investigating the tobacco industry's successful infiltration into the black community.

<https://www.youtube.com/watch?v=Eeg5BNx--uQ>



Behind closed doors, tobacco companies have said horrible things about the people they target as customers. We created fake ads (disguised as real ads) using their actual words against them.

<https://vimeo.com/88904546>

Smoking and Infant Mortality

- Smoking during pregnancy accounts for about **10% of all infant deaths**
- **30% of low birth weight babies** are due to smoking during pregnancy
- **18.5% of mothers** in Franklin County smoked before and/or during pregnancy



Smoke & Tobacco-Free

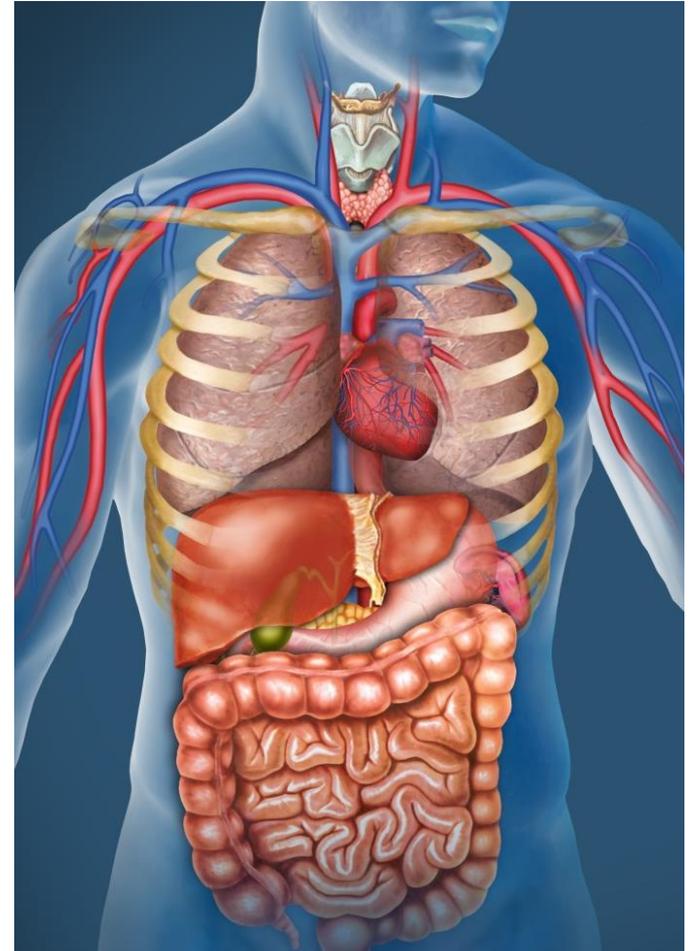


Hookah & E-Cigarettes



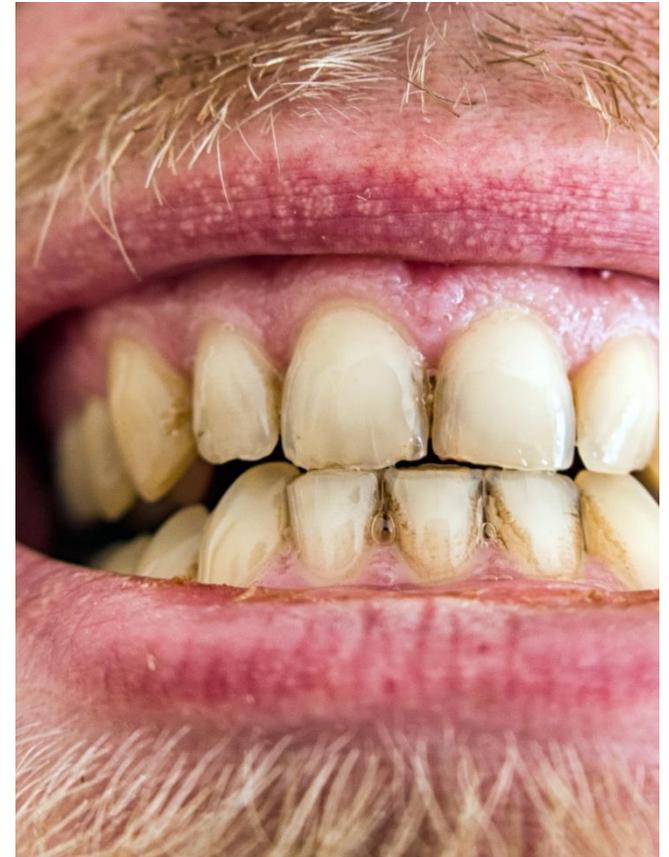
Long-Term Physical Risks

- **Addiction** to nicotine and exposure to dangerous chemicals
- Lung, mouth, throat, kidney, and stomach **cancers**
- **Heart** disease
- Stomach **ulcers**
- Impaired **immune systems**
- Emphysema and other **chronic diseases**
- **Shorter lifespan** (*up to 20 yrs*)



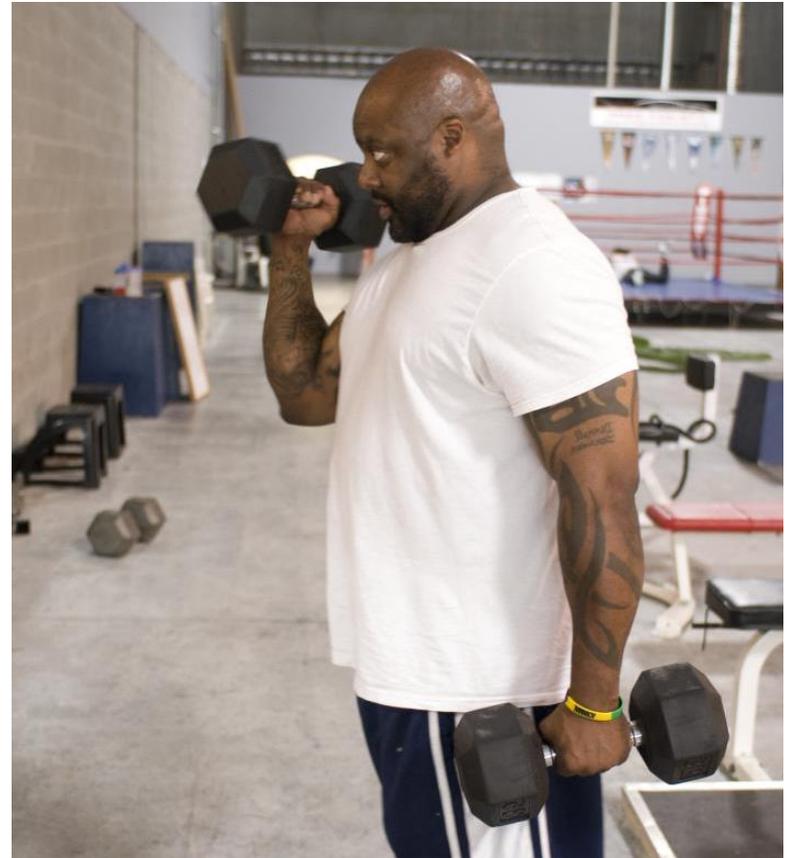
Short-Term Physical Effects

- **Addiction** to nicotine and exposure to dangerous chemicals
- More **breathing** problems
- Shortness of breath, phlegm, and a coarse **cough**
- **Impaired lung** growth and function
- **Bad breath**, yellow teeth, and stained fingers
- **Foul-smelling** clothes and hair



Reduced Athletic Ability

- Difficulty building muscle
- Diminished athletic ability



Mental Health

- Increases anxiety and tension
- Changes brain chemistry
- Can lead to depression



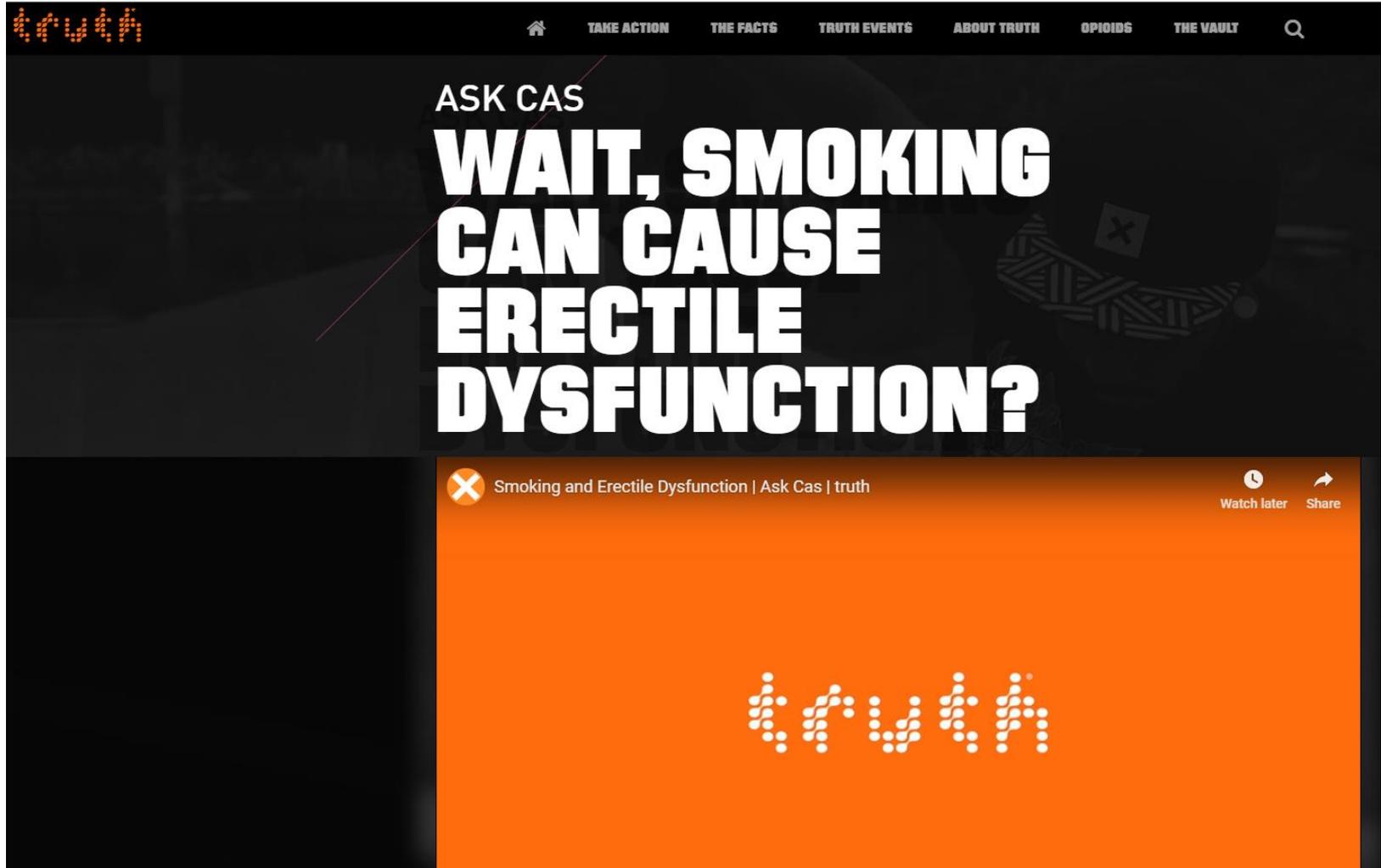
Sexual Health

- Causes impotence or erectile dysfunction
- Decreases sexual desire and satisfaction
- Damages smooth muscle inside the penis
- May also affect penis size
- Makes other erectile dysfunction risk factors worse



*Image Source: National Health Service (NHS) in England;
<http://www.nhs.uk>*

Sexual Health



The image shows a screenshot of a YouTube video player. At the top left is the 'truth' logo in orange. The navigation bar includes a home icon, 'TAKE ACTION', 'THE FACTS', 'TRUTH EVENTS', 'ABOUT TRUTH', 'OPIOIDS', 'THE VAULT', and a search icon. The video title is 'ASK CAS WAIT, SMOKING CAN CAUSE ERECTILE DYSFUNCTION?'. Below the title is a video player with an orange background and the 'truth' logo. The video player interface includes a close button, the title 'Smoking and Erectile Dysfunction | Ask Cas | truth', 'Watch later', and 'Share' options.

truth

HOME TAKE ACTION THE FACTS TRUTH EVENTS ABOUT TRUTH OPIOIDS THE VAULT Q

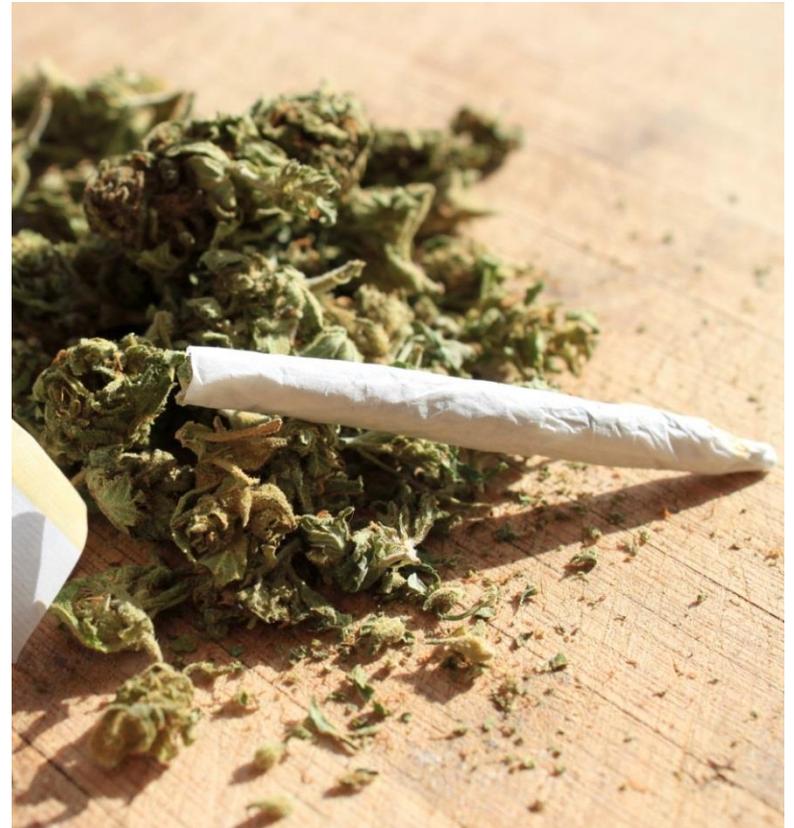
ASK CAS
**WAIT, SMOKING
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DYSFUNCTION?**

X Smoking and Erectile Dysfunction | Ask Cas | truth Watch later Share

truth

Marijuana

- Dizziness
- Slowed reaction time
- A distorted sense of time
- Random thinking
- Paranoia
- Anxiety & depression
- Short-term forgetfulness
- Impaired judgment
- Linked to psychosis and schizophrenia



Overcoming an Alcohol Addiction

- Most people with substance abuse problems don't decide to make a big change out of the blue or transform their drinking habits overnight. Recovery is usually a more gradual process.
- Steps to take:
 - Set goals and prepare for change
 - Explore alcohol addiction treatment options
 - Get support

Local Support Groups

There are many locations across the Columbus region where you can find Narcotics Anonymous (NA) meetings, Alcoholics Anonymous (AA) meetings, and other support groups

Find a NA Meeting:

<https://centralhionarcoticsanonymous.org/>

Find an AA Meeting:

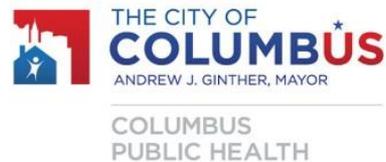
<https://aacentralohio.org/meetings/>



QUESTIONS



Post-Test



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